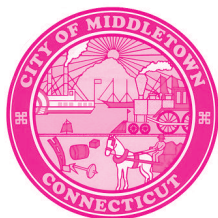


# MIDDLETOWN



## Prime Times

*A Monthly Publication of Programming, Events, and News for Middletown Residents 60+*



61 Durant Terrace



(860) 638-4540

[www.middletownct.gov/seniors](http://www.middletownct.gov/seniors)

**MARCH 2016**



### State of CT Public Utilities Regulatory Authority Presentation Thursday, March 10th at 1pm



Did you know that customers of Eversource and United Illuminating can choose their electric supplier? Staff from PURA will explain the process and tell you everything you

need to know including how you can reduce your monthly electric bill by switching suppliers and whether choosing a supplier is right for you.

Please bring a copy of a recent electric bill with you to the presentation. Pre-registration is required for this free program. This is a presentation by the State, not a sales pitch.

Much of the information we will discuss is also available at [www.energizect.com](http://www.energizect.com).

### Lunch & Learn Presentation Liberty Mutual Insurance Thursday, March 24th at 1pm

Liberty Mutual Insurance will be conducting a lunch and learn session regarding understanding home insurance and auto insurance and tips to get the biggest bang for your buck. Pizza lunch will be provided to all attendees. Pre-registration by 3/22 is required.



### Enhanced Benefits Checkup March 28th

Do you need help paying for or need information on Medicare premiums, Prescription drugs, Food, Housing, Energy Bills, Property Tax Assistance, Veterans Benefits and other services?

Take advantage of a FREE Benefits Checkup!!! A Benefits Checkup is a free and confidential questionnaire that will screen you for eligibility for federal, state and local financial programs for individuals 60+ and those receiving Medicare at any age. Sponsored by Senior Resources Agency on Aging. Call the Senior Center at 860-638-4540 to schedule your appointment. This program will run the 4th Monday of every month.

### Special Bus Trips / Shows

First come—first serve for these special trips.  
**NO LOTTERY PROCESS**

#### March 19th, Romeo & Juliet

Hartford Stage (\$20) 1pm bus departs

#### April 3rd, Annie

Shubert (\$65) 11:30am bus

#### May 28th, Dirty Dancing

Bushnell (\$43) 1pm bus

#### June 19th, A Chorus Line

Playhouse on Park (\$32) 1pm bus

#### July 23rd, Chicago

Ivoryton Playhouse (\$35) 1pm bus

#### August 27th, Rent

Ivoryton Playhouse (\$35) 1pm bus

### Irish Soda Bread Social Thursday, March 17th at 2pm



Featuring Liam Nunes, bagpiper performing a repertoire of Irish favorites and a delicious festive snack of Irish Soda Bread.



\$3 and pre-registration is required.

## Conversation on Parkinson's Disease March 29th at 2pm

Join us for an educational conversation on Parkinson's Disease on March 29th at 2pm. The conversation will be led by Janet Leonardi, RN.

No pre-registration required. FREE

## Early Bird Dinner: We are Ordering In! Chinese Takeout— March 16th 2:00pm

This month's dinner is a choice of sesame chicken and hibachi rice OR chicken with broccoli and hibachi rice. \$5 and pre-registration is required. Please indicate your meal selection when registering.



## Scrambled Egg Breakfast March 22nd at 9:30am

This month's breakfast is scrambled eggs and sausage. \$2 and pre-registration is required.



## AARP Safe Driving Classes 2016 Schedule

Monday, March 21<sup>st</sup> 12:30-4:30

Tuesday, May 17<sup>th</sup> 12:30-4:30

Monday, July 18<sup>th</sup> 12:30-4:30

Tuesday, September 20<sup>th</sup> 12:30-4:30

Monday, November 21<sup>st</sup> 12:30-4:30

Pre-registration required. \$15/AARP members  
\$20/non-members. Check made out to: AARP

## Ask An Attorney Program Wednesday, March 2nd 1-2:30pm

Legal questions? Need advice or guidance? The law firm of Farrell & Grochowski, P.C. are sponsoring this new "Ask An Attorney" program. By appointment only, those registering will be given a 15 minute time-slot to meet with an attorney for free. Please be prompt to your appointment and if you

need to cancel your appointment, call the office. Space is limited.



Law Offices  
Farrell & Grochowski

## Brain Teaser Mania Tuesday, March 8th at 2:30pm



This new competitive event will feature 10 tables of timed brain teasers with first, second, and third prizes awarded. If necessary, we will have 2 tie-breaker rounds. \$1 to reserve your space. You won't want to miss this exciting event!

## "Understanding Your Senses" Wednesday, March 23rd at 2:00pm Presented by Sydney Sherman, Medium and Author After Life Seminar

A loved ones passing can bring with it pain and feelings of overwhelming loss and separation. We remember those special to us with memories and spoken words. This seminar by author and medium, Sydney Sherman covers everything you need to know to connect with your loved ones on your own in the privacy of your own home. \$3 pre-registration is required.

You Are Not Alone  
Our Loved Ones Are Here...  
You're Just Not Listening

## Adult Coloring Book Club Every Friday at 1:30pm

Coloring books geared towards adults is a new fad sweeping the nation. Jump on board and see what this is all about! Several studies have shown that coloring has positive psychological effects. Take a mental break, have fun, socialize and color! All supplies provided. FREE



## Baking Cheddar Cheese Crackers Thursday, March 31st 2pm

This month we will be making Cheddar Cheese Crackers. This is a fun, no pressure class where you take home what you make. Please plan to stay for 90 minutes. \$2 and pre-registration is required.



### Senior Services Division Contact Information

Monday—Friday 8:30am to 4:30pm

<b>Main Number:</b>	(860) 638-4540
<b>Fax Number:</b>	(860) 343-5427
<b>Senior Services E-mail:</b>	Seniors@MiddletownCT.gov
<b>Senior Services Website:</b>	www.middletownct.gov/seniors
<b>Acting Director:</b>	Debbie Stanley (860) 638-4501
<b>Senior Services Manager:</b>	Ann Gregg (860) 638-4548
<b>Senior Services Coordinator:</b>	Heidi Geores (860) 638-4541
<b>Senior Services Specialist:</b>	Laura Runte (860) 638-4542
<b>Municipal Agent / ADA</b>	Laura Runte (860) 638-4542
<b>Compliance Officer:</b>	
<b>Clerk (Rec &amp; Community Svcs)</b>	Vinnie Dawes (860) 638-4540
<b>Custodian/Program Aide:</b>	John Marion (860) 638-4540
<b>Night Custodian:</b>	Billy Martinez (860) 638-4540
<b>Bus Driver:</b>	Mike Rogalsky (860) 638-4540
<b>Café Manager/Reserve Lunch:</b>	CW Resources (860) 558-5285 (Brian)

### **Senior & Community Center Guided Tour**

If you haven't been to our center yet and would like a guided tour. Wednesday, March 16th at 2pm.

### **Recurring Programs/Services**

(F) = Free (\$) = Cost Associated

**Arthritis Exercise**—Thursdays at 12:30pm (F)  
**Billiards**—Anytime (F)  
**Bingo**—Wednesdays & Fridays at 1pm (\$)  
**Bocce**—Seasonal (F)  
**Blood Pressure Clinic**—Thursdays 12:30-1:30 \*\*new time\*\* (F)  
**Book Club**—Last Monday of the month at 2:30pm (\$ for book)  
**Cable TV**—Anytime (F)  
**Card Games**—Thursdays at 12:30pm & Fridays at 1pm (F)  
**Ceramics**—Mondays & Wednesdays at 12:30pm (\$)  
**Computers**—Laptops are available for use anytime—Instruction usually provided 3rd Friday of the month 9-11 (F)  
**Cribbage**—Fridays at 1pm (F)  
**Dancing for Joy**—Mondays at 1:30pm (F)  
**Dominoes**—Anytime & Mondays at 12:30pm (F)  
**Exercise**—Mondays & Wednesdays 9am & Thursdays 10am (F)  
**Foot Care Clinic**—2nd & 4th Wednesday 9am-3pm (\$)  
**Fun with Yarn**—Knitting/Crocheting on Thursdays at 1pm (F)  
**Hearing Screening**—3rd Wednesday of the month 12-1 (F)  
**Lending Library**—Anytime (F)  
**Line Dancing**—Thursdays at 2pm (F)  
**Mahjong**—Thursdays 9am-12pm (F)  
**Massage Therapy**—1st & 3rd Monday 9am-2:30pm (\$)  
**Meditation**—Fridays at 11am led by Liz 11am (F)  
**Middletuners Chorus Practice**—2nd & 4th Mondays at 1pm (F)  
**Movies**—Tuesdays at 12:30pm (F)  
**Oil Painting**—Tuesdays at 1pm (F)  
**Ping Pong**—Check Calendar in this newsletter (F)  
**Reflexology**—By appointment (\$)  
**Reiki**—2nd and 4th Tuesdays or by appointment (\$)  
**Sing-Alongs**—Third Tuesday of the month at 12:30 (F)  
**Tai Chi**—Mondays at 10:30am (\$)  
**Therapeutic Exercise**—Tuesdays at 1:00pm (F)  
**Yoga**—Wednesdays at 10am (\$)

### Community Café Free Lunch Winner

Congratulations to Joan Fazzino, our February winner, . Enter for a chance to win a free lunch, compliments of CW Resources.

### January's Brain Teaser Winners

**\*A copy of the answer is located on the 2nd floor bulletin board.**

\*Ralph Blumberg, Carolyn Campagna, Nancy Clayton, Anamarie Cook, Edward Cook, Joan Fazzino, Stu Larabee, Sue Larabee, Winfred Lee, Annabelle Malone, Chuck Stanley, Rosemarie Vecchitto, & Priscilla Waite,

Congratulations to all of our winners. Please stop by the Center to pick up the March Brain Teaser.

**Blood Pressure**  
**Please note that blood**  
**pressure checks are**  
**now on Thursdays from**  
**12:30-1:30pm.**



### **Coffee with Ann** **March 14th at 11am**

This monthly program is a chance to meet our manager and discuss any questions or suggestions for programs, events, and entertainment. All are welcome. Coffee and light refreshments will be served.



### **Civitan Bingo** **Tues., Mar. 29th at 6:30pm**

If you need transportation please contact the Senior Center at 860-638-4540.

### **Volunteer Club Meeting** **March 14th at 10:30am**

Come and find out how you can get involved!

### **Lunch Served Daily**

Lunch is served daily by CW Resources. Reservations are required at least 24 hours in advance. The reservation line can only be answered from 10-12:30 Monday to Friday (excluding holidays). The suggested donation is \$2 per meal. Please call Brian, our café manager at 860-558-5285 for a reservation.





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>9:00 Mohegan Sun Casino Trip 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 1:00 Therapeutic Fitness 1:00 Self Guided Art <b>2:30 Ping Pong</b></p> <p><b>Note: Last day of Self-Guided Art</b></p> <p><b>Bus Trip Lottery Sign-Ups Begin</b></p>	<p>9:00-9:45 Exercise 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo <b>1-2:30 Ask An Attorney Program</b></p>	<p>9:00-12:00 Mahjong 10:00 Exercise 10-2:30 The Paper Store &amp; J. Timothy's Restaurant 12:00 Lunch 12:30 Arthritis Exercise <b>12:30-1:30 Blood Pressure Clinic</b> 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing</p>	<p>9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00 Card Games in Multi-Purpose Room <b>1:00 Billiard/Pool Lessons</b> <b>1:30 Adult Coloring club</b></p>
<p>9:00 Exercise <b>9-3 Massage Therapy</b> 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy <b>1:30 Pizza &amp; A Movie</b></p>	<p>9:30 Zumba (DVD) <b>9:30-1 Reiki</b> 10:30 CT Historical Society Museum &amp; Chips Restaurant 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 1:00 Therapeutic Fitness <b>2:30 Brain Teaser Mania</b> 2:30 Ping Pong</p> <p><b>No self-guided art</b></p>	<p>9:00-9:45 Exercise <b>9-3 Footcare</b> 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo <b>1:30 AARP Meeting #3394</b></p>	<p>9:00-12:00 Mahjong 10:00 IKEA &amp; Fishtale 10:00 Exercise 12:00 Lunch 12:30 Arthritis Exercise <b>12:30-1:30 Blood Pressure Clinic</b> 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting <b>1:00 State of Connecticut PURA Electricity Supplier Presentation</b> 2:00 Line Dancing</p>	<p>9:30 Zumba (DVD) <b>9:30-1 Reiki</b> 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00 Card Games in Multi-Purpose Room <b>1:00 Billiard/Pool Lessons</b> <b>1:30 Adult Coloring Club</b></p> <p><b>Last day to enter April bus trip lottery</b></p>
<p>9:00 Exercise 10:30 Tai Chi <b>10:30 Volunteer Meeting</b> <b>11 Coffee with Ann</b> 12:00 Lunch 12:30 Ceramics 1-3 Middletuners Practice 1:30-2:45 Dancing for Joy</p>	<p><b>9:30 Bus Trip Lottery drawing—need not be present to be selected</b> 9:30 Zumba (DVD) 10:00 Evergreen Walk &amp; Adams Mills Restaurant! 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room <b>12:30 Sing A Long with Barbara</b> 1:00 Therapeutic Fitness 2:30 Ping Pong Available 2:30 Game Show</p>	<p>9:00-9:45 Exercise 10:00 Yoga 12:00 Lunch <b>12:00 Hearing Screening by Beltone</b> 12:30 Ceramics 1:00 Bingo <b>2:00 Guided Tour</b> <b>3:00 Early Bird Dinner Chinese Food</b></p>	<p>9:00 Foxwoods Casino Trip 9:00-12:00 Mahjong 10:00 Exercise 12:00 Lunch 12:30 Arthritis Exercise <b>12:30-1:30 Blood Pressure Clinic</b> 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing <b>2:00 Irish Soda Bread Social with music by bagpiper Liam Nunes</b></p>	<p><b>9-11 Computer Training</b> <b>9-11 Manicures</b> 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage <b>1:00 Billiard/Pool Lessons</b> 1:00 Card Games in Multi-Purpose Room <b>1:30 Adult Coloring Club</b></p>

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2:30 Game Show	<div>21</div> <div>9:00 Exercise 9-3 Massage Therapy 10:30 Tai Chi 12:00 Lunch 12:30-4:30 AARP Safe Driving Class 12:30 Ceramics 1:30-2:45 Dancing for Joy 2:00 March Birthday Party</div>	<div>22</div> <div>9:30 Eggs Breakfast 9:30-1 Reiki 9:30 Zumba (DVD) 10:00 Tanger Outlets Westbrook &amp; Fishtale 10:30 Free Necklace Craft sponsored by Wadsworth Glen 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 1:00 Therapeutic Fitness 2:30 Ping Pong Available</div>	<div>23</div> <div>9:00-9:45 Exercise 9-3 Footcare 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 2:00 Medium/Author Sydney Sherman</div>	<div>24</div> <div>9:00-12:00 Mahjong 10:00 Christmas Tree Shop &amp; Cracker Barrel 10:00 Exercise 12:00 Lunch 12:30 Arthritis Exercise 12:30-1:30 Blood Pressure Clinic 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:00 Liberty Mutual Lunch and Learn Lesson 2:00 Line Dancing</div>	<div>25</div> <div>CLOSED GOOD FRI-DAY</div>
	<div>28</div> <div>9-3 Benefits Check-up 9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1-3 Middletuners Practice 1:30-2:45 Dancing for Joy 2:30 Book Club Meeting</div>	<div>29</div> <div>9:00 Mohegan Sun Casino Trip 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 1:00 Therapeutic Fitness 2:00 Health Seminar—Parkinson's Disease 2:30 Ping Pong 6:30 Civitan Bingo</div>	<div>30</div> <div>9:00-9:45 Exercise 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo</div>	<div>31</div> <div>9:00-12:00 Mahjong 10:00 Exercise 10:00 Buckland Mall 12:00 Lunch 12:30 Arthritis Exercise 12:30-1:30 Blood Pressure Clinic 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Baking with Ann 2:00 Line Dancing</div>	





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## March

## Bus Trips

## April

- 1st**—Mohegan Sun Casino (9-3) \$4  
**3rd**—The Paper Store/J. Timothy's (10-2:30) \$3  
**8th**—CT Historical Society Museum/Chips Rest. (10:30-3) \$6  
**10th**—IKEA/Fishtale (10-3) \$4  
**15th**—Evergreen Walk/Adam's Mill Rest. (10-2:30) \$3  
**17th**—Foxwoods Casino (9-3:30) \$4  
**22nd**—Tanger Outlets/Fishtale (10-2:30) \$3  
**24th**—Christmas Tree/Crackerbarrel (10-2:30) \$4  
**29th**—Mohegan Sun Casino (9-3) \$4  
**31st**—Buckland Hills Mall (10-2:30) \$3

- 5th**—Foxwoods Casino (9-3:30) \$4  
**12th**—American Clock & Watch Museum (10-2) \$8 including admission (Lunch TBD)  
**14th**—Mohegan Sun Casino (9-3) \$4  
**19th**—Foxwoods Casino (9-3:30) \$4  
**21st**—Bruce Museum (10-2) \$10 including admission (Lunch TBD)  
**26th**—Christmas Tree Shop & Fishtale (10-3) \$4  
**28th**—AC Moore or Kohl's & First and Last Tavern (10-3) \$



### Pizza & A Movie Monday, March 7th at 1:30pm



This month's movie is "Flightplan" starring Jodie Foster, Sean Bean and Peter Sarsgaard. Airplane engineer Kyle Pratt (Jodie Foster) is heading home from Germany to New York on a double-decker Elgin 474 to bury her husband. But three hours into the flight, she

awakens to find her young daughter missing -- and the entire flight crew, including Capt. Rich (Sean Bean) and Air Marshal Gene Carson (Peter Sarsgaard), claims that the child was never on board. Determined to find her daughter, Kyle searches the limited space of the plane, all the while trying to maintain her sanity. Please indicate your pizza choice when you pre-register by March 4th. \$3 to participate.

### Rainbow Chakra Necklace Craft Tuesday, March 22nd at 10:30am

This free craft, sponsored by Wadsworth Glen, uses multi-colored crystals to create a beautiful necklace. Please pre-register by 3/18.



### Bus Trip Sign Up Procedure



**Beginning on March 1st, members who are Middletown residents, can sign up for the bus trip lottery for April 2016 bus trips.**

You may call or stop by any time between March 1st—March 11th to put your name into the lottery. No entries will be accepted after March 11th. The lottery drawing will take place on Tuesday, March 15th. You do not need to be present at this time.

All members selected in the lottery will be notified. You have until noon on Thursday, March 17th to come to the front desk and pay for your trips.

### Manicures & Computer Training Friday, March 18th 9am-11am



Free manicures sponsored by Vinal Technical High School. Pre-registration is required.

Free computer training/tech support sponsored by Vinal Technical High School. Pre-registration is required.



### March Birthday Party Monday, March 21st at 2pm



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### Save the Date:

50's Night is Back!!!  
April 8th at 5pm



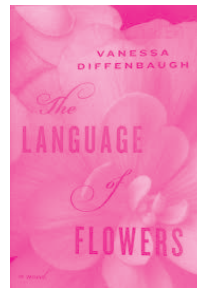
Bowling/Pizza party  
April 7th



Spelling Bee  
April 14th



### March Book Club Meeting is March 28th at 2:30pm



This month we are reading "The Language of Flowers" by Vanessa Diffenbaugh. A mesmerizing, moving, and elegantly written debut novel, *The Language of Flowers* beautifully weaves past and present, creating a vivid portrait of an unforgettable woman \$3 for the book. All are welcome.



### Sing-Alongs Led by Barbara Arafeh

Join Barbara for a fun sing-along on March 15th 12:30-1:30pm. No pre-registration required. Come socialize, sing and have fun! Sing-Alongs are the third Tuesday of every month.



### Game Shows March 15th at 2:30pm



Games such as Jeopardy, Wheel of Fortune, and Family Feud will be played. The maximum number of contestants each round is 20. No pre-registration required. Prizes are grocery items.